

# FORGING THE FUTURE:



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## Friday FACTS

21 May 2004

"Leadership, Partnership, and Championship"

### Diabetes Threatens Health of Americans

Diabetes occurs when there is inadequate production or utilization of insulin, a substance made by the body that allows digested foods to be used for energy. Over 18 million Americans now have diabetes; 5.2 million of those do not even know it yet. This year approximately 200,000 new cases will be diagnosed among Americans aged 20-40 years of age, and 600,000 new cases will be diagnosed for those aged 40-60. A child born in 2000 has a 1 in 3 chance of developing diabetes; 1 in 2 if that child is Hispanic and female. Forty-one million Americans now have blood sugar levels that are elevated, many of which will progress to diabetes.

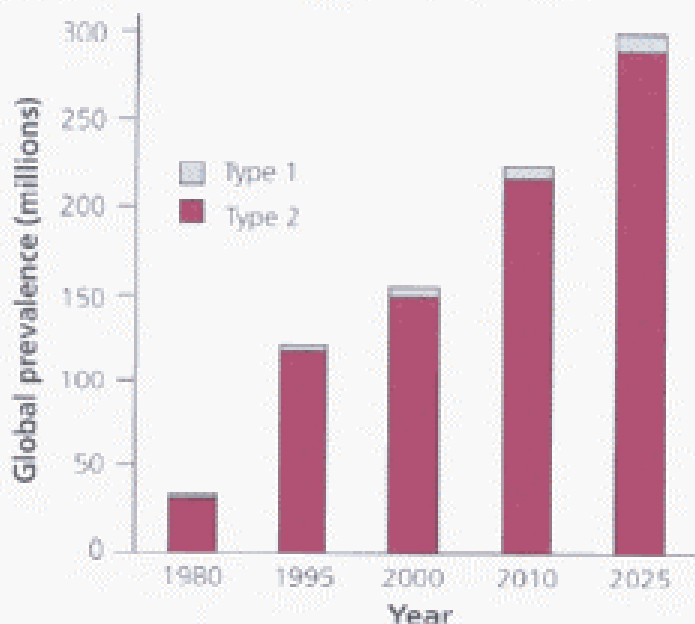
Diabetes is very serious, causing a multitude of medical problems and disability that include blindness, kidney disease, heart disease, nervous system disease, pregnancy complications, and others. Medical care to treat this disease currently costs about \$92 billion annually!

#### What can you do?

The majority of cases of diabetes are linked to eating too much and not getting enough exercise. Persons with diabetes can improve their condition or delay progression of the disease when they modify their lifestyles. Daily moderate exercise and dietary improvements can also result in improved energy levels, lower blood pressure, lower body weight, and improved cholesterol.

#### Trend of Diabetes Prevalence

Estimated global prevalence of type 1 and type 2 diabetes



Source: University of Pittsburgh <http://www.pitt.edu/~super1/lecture/lec13271/010.htm>

### Navy Health Promotion Director Training Course

The official Navy message announcing the 21-24 September 2004 Navy Health Promotion Director Training Course, to be held at Snug Harbor Officers Club at NAB Little Creek, Norfolk, VA was released with the date/time group R 142024Z MAY 04. The message is posted and can be downloaded from the NEHC Health Promotion/Conferences & Training website. Any active-duty, E-7 and above or DoD civilian, GS-9 and above who is interested in attending the course should obtain a copy of the message and submit a quota request to include ALL 10 items listed in the message under item #3. Quota requests need to be E-mailed or FAX'd to either Sally Vickers or Vickie Haidle, as directed in the message, by the 16 July 04 deadline. Any questions regarding the course should be directed to Sally Vickers, Program Manager for Resource and Program Development at [vickerss@nehc.med.navy.mil](mailto:vickerss@nehc.med.navy.mil)

#### News

The dietary supplement posters and related fact sheets are now available on the DHPW web site. A link will also soon be posted on the USACHPPM home page. The posters and fact sheets may be accessed at the following address: <http://chppm-www.apgea.army.mil/dhpw/Wellness/dietary/factsheets.aspx>

"Pessimism never won any battle." - Dwight D. Eisenhower